



National Nutrient Database for Standard Reference

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Statistics Report 09145, Java-plum, (jambolan), raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	83.13	8	0.873	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	251	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.72	6	0.080	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.23	5	0.071	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.36	5	0.091	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	15.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	19	3	7.887	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.19	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	17	3	3.387	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	79	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamins													
Vitamin C, total ascorbic acid	mg	14.3	3	6.487	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.006	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.012	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.260	4	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.038	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	3	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982